

# Picking Safer Injection Sites:

## Green Areas:

Are generally the safest. Inject into the vein toward the heart.

## Yellow Areas:

Hands-Veins are smaller. Remove rings, avoid palms and wrists.  
Legs-Can lead to abscesses, swelling, and the risk of infection and clots are high.

## Red Areas:

Neck and groin areas are dangerous. Hitting an artery can cause severe bleeding. Clotting is risk. Can also cause nerve damage.



SOURCE:

NSW USERS AND AIDS ASSOCIATION

FOR MORE INFORMATION ON SYRINGE SERVICES:

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